

## Battle of the Blades Announces Cast



Get ready, Canada. This fall, Battle of the Blades is back, and this season there's a twist.

[Click here for details!](#)

## Tips from the Professionals

### Correct skate fit:

A correctly fitted boot should feel snug in the heel. There should be little or no movement when you try to lift your heel.

Your toes should be able to wiggle freely but not slide from side to side. In young children whose feet experience frequent growth spurts it is suggested that when fitting skates that the child first inserts the foot snugly into the heel "cup", then stands and bends the knee so that the foot slides forward.

Then insert your index finger behind the heel. No more than one finger width is recommended which allows for growth up to one year. In children and adults whose feet have stopped growing, no more than half a finger width is recommended or else the boot is too long.

Chloe Noel  
J06 Jackets



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### Upcoming FSB Event Kiosks

The Figure Skating Boutique kiosk will be set up at the following events in September 2011. Stop by and pick up any skating accessories that you may need!

**September 10, 2011** - Whitby Skating Club, Whitby (McKinney Centre)

**September 16-18, 2011** - Autumn Skate, Ottawa (Jim Durrell Arena)

**September 23-25, 2011** - Isabelle Henderson Memorial Invitational, Paris (Brant Sports Complex)

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### Store hours

(starting September 6, 2011)

#### FSB North York

Mon, Wed, Fri - 10:00am-7:00pm  
Tues, Thurs - 10:00am-9:00pm  
Saturday - 9:30am-5:00pm  
Sunday - 11:00am-4:00pm  
(416)-225-1377

#### FSB Newmarket

Mon, Wed, Fri - 10:00am-7:00pm  
Tues, Thurs - 10:00am-8:00pm  
Saturday - 9:30am-5:00pm  
Sunday - Closed  
(905)-898-1969



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